



Breakfast with Jon

NUTTY CHOCOLATE CRUNCH BALLS



Serving size: 3-4 balls

INGREDIENTS:

2 tbs linseed
1 tbs cacao
2 tbs unsweetened almond milk
1 tbs sunflower nut butter
1 tbs coconut palm sugar
1 tbs ground almonds
1 tbs water (if needed)
a few walnuts (optional)
1 tbs coconut yogurt (optional)
½ banana (optional)

COOKING INSTRUCTIONS

1. Measure and mix the ingredients in a large mixing bowl.
2. Mix the batter until it forms into thick consistency.
3. Mix in water if the batter is dry and needs more wetness.
4. Once the batter is right, mold the batter into small balls about one inch in diameter.
5. Put the balls in the freezer and freeze for 25- 35 minutes
6. After the delights have been frozen, take them out of the freezer.
7. Garnish the delights with a couple banana slices, walnuts, and some coconut yogurt.